

The Herbarian



This May Gahanna launched its new Herbal Trail, a walking route in Old Gahanna linking together many of the city's gardens and culinary highlights. The Trail runs from the Ohio Herb Education Center on Mill Street down through Creekside and the Historical Settlement and into Friendship Park. Additionally, local Gahanna businesses not located along Creekside but which feature herbal products are participating as well, bringing this collaborative endeavor to the entire community.

Trail destinations emphasize herbs and their multi-faceted uses from chef's specials and aromatic experiences to sustainable land-use practices and eco-friendly living. No matter one's area of interest or expertise, the Herbal Trail offers a delightful array of opportunities in order to take advantage of living in the Herb Capital of Ohio.

The Herbal Trail concept re-enforces the idea that useful plants are all around, and that herbs encompass all aspects of everyday life. It celebrates Gahanna's longstanding history within the State of Ohio as something more than a suburb: a living, growing and vibrant community which has been sewn together with a common thread.

For more information on the Herbal Trail, please visit the Gahanna Convention and Visitors Bureau website: <http://visitgahanna.com>

To Follow the Herbal Trail, Visit these Local Destinations

Culinary

Arepazo Tapas & Wine- 93 N. High St.
 Crazy Goat Coffee- 505 Creekside Plaza
 Gahanna Grill- 82 Granville St.
 Gahanna Pizza Plus- 106 Granville St.
 Koko Tea Salon- 116 Mill St.
 Lola's & Giuseppe's Trattoria- 100 Granville St.
 Mezzo- 130 Creekside Plaza
 Old Bag of Nails Pub- 63 Mill St.
 Signatures Deli Café- 94 Mill St.
 The Wine Guy Wine Shop- 500 Creekside Plaza

Eco-Learning

Story Trail- 2150 Oklahoma Ave.

Herbal Gardens

Community Gardens at Friendship Park- 150 Oklahoma Ave.
 Geroux Herb Gardens- 206 S. Hamilton Rd.
 Goosefoot Garden at the Gahanna Historical Settlement- 101 S. High St.
 Rain Garden- 150 Oklahoma Ave.
 Sunrise Garden at Creekside- 123 Mill St.

Shopping

Ohio Herb Education Ctr.- 110 Mill

Wellness & Beauty

Golden Nails & Salon- 509 Creekside Plaza
 Jorgensen Farms- 5851 E. Walnut St.

HERB OF THE MONTH: MINT



It's hip to be a square.
(*N. cataria* var. *citriodora*)

Lamiaceae, the mint family, consists of over 200 genera and 6,000 different species of perennial and annual plants worldwide. Almost all are highly aromatic, and can be easily recognized by their distinctive square-shaped stems. A number of popular culinary herbs are members of the mint family: rosemary, basil, sage, savory, marjoram, oregano, thyme and lavender.

True mints belong to the *Mentha* genus, with the best known two being spearmint (*Mentha spicata*) and peppermint (*Mentha x piperita*). Many other varieties are growing in popularity, and can be categorized as such: green mints include varieties of spearmint; red mints (red-stemmed) include peppermint, Moroccan, lime, chocolate and lavender mints; and fuzzy mints include Egyptian, apple, pineapple and other 'fuzzy' leafed varieties.

Mints have a sharp, fresh taste that is sometimes described as cooling. If a recipe calls for mint, it typically refers to spearmint, though any milder tasting mint will suffice.

MONTHLY MEETING TOPIC: THE CULINARY ROSE

June is National Rose Month, and what better way to celebrate than with rose-flavored foods? While in recent times the venerable rose has been propagated primarily for its ornamental beauty, the lingering sweet scent of the rose is easily captured and incorporated into a variety of tempting desserts and talked-about main courses.

The rose has played an important part as a luxury food item throughout the ancient world; the Chinese were first to cultivate the rose for edible purposes, though this spread quickly to throughout the Middle East. Alexander the Great is often credited with bringing the rose to Greece. From there, over time, its use bloomed across Europe. In the 18th Century, roses were a more popular flavoring than vanilla for confections and desserts. Rose conserves, jams and rose petal tea sandwiches graced the finest tables of Europe.

All roses grown organically are edible; the strength of the flavor and scent depends upon the variety. Dark red roses have a strong taste, while light pink are delicate in flavor. Dark pink come nearest to the real rose savor, and old-fashioned roses have a very pronounced, sometimes spicy, bouquet.



SUB ROSA

*During the Seminole uprising in 1835-1836, John Grant lived with his youthful wife and young child in the western part of Jefferson Co., Florida. One day, leaving them at home, he started for the village to buy supplies. En route he was killed by the Indians who then turned back to ambush his wife. Barricading herself indoors, Mrs. Grant fought off the attackers as long as she could, and then escaped through the cellar into the nearby woods. Hampered by the baby in her arms, and slowed by brambles, Mrs. Grant was soon overtaken by the fleet-footed Seminoles. On the spot where she and her child were massacred, tradition places the first Grant rose. The flowers have incurving petals of blood color. They are among the few evil-smelling roses, their scent being sickly and unpleasant. Old-timers say that when the dew falls on the flowers and then drips off, it is pink-stained as if with blood. (*The Pageant of the Rose*, Jean Gordon, 1953.)*

ANNOUNCEMENTS

Welcome to new members Pat Erven and Norman Michalak!

Herb Day Recap

"A BIG thank you to the herb center volunteers who helped make Herb Day one of the most successful events to date! Whether you helped greet guests in the gift shop, baked herbal delights, served tea and savory treats on the front porch or wrangled herbs in the hot sun, the level of visitor service was unparalleled and helped create a truly enjoyable experience for our visitors. Herb Day started with the largest stock of herbs ever ordered for the event; yet by the end of the day, the least amount of herbs were left over from the sale." –VH

Field Trip Opportunities

Field trips are open to both Herb Society members and to the general public. Additional fees and a minimum participation enrollment may be required.

July 21 (9a-11a)

Jorgensen Farms. Included is a tour of the farm (which has been certified organic since 2002), and lunch. Fee: \$20 herb society member, \$30 resident, \$40 non-resident.

August 4 (10a-2p)

Chadwick Arboretum & Learning Gardens. Located on the campus of the Ohio State University, the gardens serve as an educational environment for residents of central Ohio. A guided tour is included. Fee: \$10 herb society member, \$15 resident, \$20 non-resident.

OHEC RENTALS

The Nafzger-Miller House parlor is available for rent for your next event, meeting or family gathering!

The cost is \$105 for three hours (for Herb Society members and Gahanna residents) and includes full use of the kitchen. Please share the news of this wonderful event facility with your friends and family.

Submissions Accepted!

Would you like to write an article for an upcoming newsletter on your favorite herbal topic, or an experience you've recently had in the garden? E-mail it to dionyza@gmail.com.

UPCOMING VOLUNTEER OPPORTUNITIES

The 14th Annual Creekside Blues & Jazz Festival is June 15-17 and your help is needed!

The Herb Center will offer extended hours during the event (including Sunday) and your helping hand and smiling face is needed. Please sign up for a two-hour shift on Friday evening (5-9p), Saturday (9a-9p) or Sunday (12-5p). The center will be offering free tea samples and herbal tasty treats for visitors as well as a Daddy-Daughter BBQ (pending registration count) on Father's Day, June 17th.

Herb Day visitors truly enjoyed the baked herbal treats we offered so we would like to offer samplings for this event as well. Please sign up to bake your favorite herbal recipe (or two) for the kitchen.

SAVE THE DATES

October 13, 2012:

Harvest Day Fall Festival

December 1, 8, 15 & 22:

Santa Visits OHEC

COMING UP IN JULY

Meeting Topic: The Colonial Table

Herb of the Month: Basil

Invasive Species: Phragmites

Rose Study: Beauty Basics

Calendar

(All GHS meetings begin at 6:30)

June 15-17 -

Creekside Blues & Jazz Festival

July 4 -

Freedom Festival,
Gahanna Municipal Golf Course

July 10 -

George Washington's Table
Herb of the Month: Basil
Rose Study: Aromatherapy

August 14 -

Herb of the Month: Dill
Rose Study: Beauty
Applications &
Benefits

Making Scents

*Information from Judith Fitzimmon's
Aromatherapy through the Seasons*

Chamomile

(Chamaemelum nobile)

The calming properties of chamomile are world renown. Gentle and soothing, it is a sedative oil that is full of stress-relieving properties. It is beneficial to the skin as it contains antibacterial and anti-inflammatory properties which reduce redness associated with burns, rashes, bites and fevers.

Burn Miracle Ointment

3 drops Chamomile
3 drops Peppermint
Palmful of hand cream*

Mix all together and apply it to the burn often. (*Any kind of hand cream, vegetable oil, water or milk will work. A 'palmful' is approx. 1 Tablespoon.)